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Housekeepers' Chat Monday, Jan. 28, 1929.

NOT FOR PUBLICATION

Subject: "When Kitchens Come Up for Discussion." Approved by Bureau of Home Economics U. S. D. A.

Bulletins available: "Convenient Kitchens."

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"It's not the amount of work a housewife does, so much as the way she does it, that determines how tired she is at the end of the day."

So declares a woman who has made a special study of household economics.

"Tables and sinks that are too high or too low are responsible for many an unnecessary case of weariness or nerves."

Here are some of her suggestions:

To test the height of the work table, stand beside it, and see whether you can lay your palms flat on its surface. If you can, it is too low; it should be two inches higher--the height at which a woman can most efficiently handle pans on it. Rollers will raise the table a little. If rollers do not make the table high enough, place blocks under the table legs. Paint or enamel them the same color as the table.

Is your sink so low that you have to bend over, in doing the dishes? Or is it so high that your shoulders have to be lifted? If it is impossible to change the plumbing, a home-made rack, placed under the dishpan, will raise it the necessary amount. If the sink is too high, a little platform to stand on will help. If children help with the dishes, a platform or a box is quite necessary, since it is quite important that children be kept in the proper position, at work and at play

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Another expert on household economics tells us that some of us walk as much as eight or nine miles a day, just doing ordinary housework.

"Few persons would deliberately undertake a hike of that length without a good reason," says she, "but they do not realize how the extra steps amount to miles, leaving them tired out each evening. If an efficiency expert should turn his attention from a factory to a home, one of the first things he would look for is unnecessary steps. Why walk across the kitchen, and into the pantry, for a frying pan, when it might just as well hang within arm's reach, back of the stove? And why carry brooms, mops, and dusters from one floor to

another, when a set on each floor would pay for itself in time and energy saved by fewer trips up and down stairs?

"Just because the kitchen table has been on the far side of the room for the past ten years does not mean that it cannot be moved. When bringing the kitchen table closer to the stove and sink, means bringing it ten steps nearer, think of the steps saved in making one cake. Re-arranging the kitchen, re-routing the cleaning, and reforming every-day work habits may cut the eight miles to four, and recreate the housewife at the same time," concludes the author of this advice about kitchens.

The other day I received a letter from a woman in the Middle West, who asked whether I had any illustrated material about kitchens. She is a member of a Home Economics club.

I told her about the kitchen charts printed by the Bureau of Home Economics. There are eight charts in the collection, and each chart is punched, so that it may be hung on the wall. The printing is large enough so that it can be seen from quite a distance. Perhaps other members of women's clubs will be interested in these kitchen charts. The collection of eight costs 50 cents.

I have a set of them with me, and I'll describe them in detail.

Chart Number One has no picture, but these are the lines printed on it: "The Convenient Kitchen. The kitchen is above all else a place for food preparation. When well planned and equipped, it saves time and labor for the housekeeper, and adds to the health and comfort of the entire family."

Chart Number Two discusses Light and Ventilation. There are three pictures, illustrating the text: "Good light and a cross draft require a glass door, or windows on at least two sides of the kitchen. Place artificial lights where they will illuminate work centers."

Chart Number Three takes up Walls, Floors, and Woodwork. Below a large, clear picture of a model kitchen is printed the following: "Floors may be finished with oil or paint, or covered with linoleum. For walls, smooth hard plaster finished with oil paint is satisfactory. The same paint may be used on woodwork. Choose light, soft colors."

Chart Number Four tells how a large kitchen may be made convenient. It shows a picture of a large kitchen, conveniently arranged, and also has a floor plan of the kitchen. The equipment in the kitchen shown is grouped into work centers well arranged in relation to each other, and leaving space for a rest corner or laundry tubs.

The last four charts show pictures of these work centers. Chart Number Five has a picture of the Food Preparation Center. The sink, and the cabinet or worktable, form the base for this center, with the cold closet or refrigerator near by. At the sink are to be kept all utensils for washing and paring fruits and vegetables, with containers for water used in cooking.

In the cabinet are to be kept dry groceries, and all utensils needed for mixing and measuring foods. This warning line is added to Chart Five: "See that all working surfaces are the proper height."

The next chart shows Group 2 -- the Cooking Center. The stove is, of course, the base for the cooking center. The pass closet to the dining room takes the place of a serving table. Near the stove are all the utensils that must be heated before food is placed in them; also, salt and pepper and forks and spoons used in dishing up food.

The next chart, the seventh, has a picture of group 3 -- the Serving Center. The pass closet to the dining room makes an ideal serving center, as well as china closet. In the pass closet are kept table china and glassware, and bread and cake. The entire meal can be dished up on this shelf, and served wirh only one trip from kitchen to dining room.

The last chart shows Group 4-- the Clearing Away Center. Here again the sink is the center, with all necessary utensils on shelves or books or in cupboards near by. The serving shelf, accessible from both sides, is a convenient place for the dishes from the table; and the china closet is close to the sink.

As I said before, these eight illustrated charts cost only 50 cents. They may be purchased from the Bureau of Home Economics, Washington, D. C. If I were asked to make an illustrated talk on kitchens, I would order these charts and hang them on the wall. Then I would also have a copy of the free bulletin called "Convenient Kitchens," to supplement the charts. I'm willing to wager that a talk on kitchens, and how to make them more convenient, and attractive, would be just as engrossing as a lecture on -- well, you know what I mean. Some of these lectures that club women give when they can't think of anything really interesting to talk about.

I can't close this talk on kitchens without reading you a bit entitled "Kitchen Shears":

"Tradition would have it that the place for shears is in the sewing basket. But shears are versatile tools, and the housewife who keeps a pair in the kitchen finds them quite as useful there. She uses them to prepare different fruits for the table, to remove the pulp from the centers of grapefruit, for example, or to cup up bunches of grapes. She finds them handier than a knife for trimming pie crust or for shredding lettuce, parsley, and cress, for salads or garnishes. When she makes candied orange peel, she uses them to cut it. For arranging flowers for the table, she finds them most convenient."

That's enough, about kitchens, for one day. Tomorrow I'll give you a menu.

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